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Bangalore Mirror

TEMP Max 26 | Min 21 | Humidity 83% Light Rain & Showers Sensex 80,157 | Nifty 24,579 | Gold 1,05,484 | Silver 1,22,558 | Dollar 88.00 | Euro 103.01 | GBP 119.16

ROLL WITH IT

City's skating group may have begun with just 5–10 members, but today it is a 200-member strong community

PAGE 2

NEW CHAPTER

As Greater Bengaluru Authority takes charge officially, how will this affect ordinary Bengalureans' daily lives?

PAGE 4

Prescription drug abuse becomes growing worry as drugs slip out from regulatory network to reach vulnerable population; injection is preferred mode of abuse, most seek treatment when it is too late

REQUIEM FOR A DREAM

Tablets often become first habit-forming substance

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TWEETS @BangaloreMIRROR

Since 2021, cases of abuse of tablets used to treat oedema and BP have been on the rise, with doctors noting an average of five to six new patients seeking treatment every week.

A recent crackdown also underlined this worrying trend: police arrested six individuals for peddling 1,000 Tide-10 tablets worth around ₹4 lakh and seized an additional ₹4 lakh in cash. The operation, carried out based on a tip-off, once again underscores the growing menace of unauthorised drug sales in the city.

A senior police officer explained, "The tablets are brought from out of state. These are prescription drugs used to treat conditions like high blood pressure and such, but often it is misused. These tablets are priced for Rs 40, while some drug peddlers sell them for Rs.300 to Rs 400. Users purchase it for a higher price and inject it."

Bengaluru police data revealed 1,422 such tablets have been seized till July 15 this year, raising concerns over easy availability and illegal sale of the drug.

CONTINUED ON PAGE 8 »

"Unlike alcohol addiction, most of those affected are young men in their 20s who are addicted to substances like Tapentadol or other synthetic drugs. The level of injection use and prescription drug abuse is unprecedented, with 15 to 20 follow-up cases being recorded daily

—Dr Lekhansh Shukla, NIMHANS

Lakes of despair

State Pollution Board analysis shows water in 48 lakes in city is of worst quality possible

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TWEETS @BangaloreMIRROR

The recent water quality report by the Karnataka State Pollution Control Board (KSPCB) has highlighted that a considerable number of lakes in Bengaluru are highly polluted.

KSPCB conducted an analysis of 137 lakes in July, and while 48 of these water bodies were categorised under Class E, the worst water quality possible, the rest of the lakes fall under Class D.

Out of the 48 lakes under Class E, 14 have oxygen levels below the detection limit. The report also shows that faecal coliform (FC) levels are much higher than the permissible levels in many lakes in the city, indicating sewage contamination.

PAGE 7: STILL BUFFERING

City-based lake activists and experts say Bengaluru's water bodies are suffering mainly due to a lack of inter- and intradepartmental coordination. While agencies such as Bangalore Water Supply and Sewerage Board (BWSSB), Bruhat Bengaluru Mahanagara Palike (BBMP), and KSPCB are working in silos, agencies also indulge in passing the buck to one another.

"Although BBMP is the custodian of the lakes, the agency, more often than not,

CONTINUED ON PAGE 6 »

THINGS TO DO

01 Theatrical delight

Black Box India is presenting 'No Strings Attached', an engaging exploration of the human experience presented in a contemporary vaudeville format, delving into the intricacies of the present, past and potential future. **Where: Alliance Francaise, Vasanth Nagar; When: October 10, 7.30 pm**

02 United voices

The Indian Music Experience Museum presents 'Azaadi Music Festival', celebrating India's music diversity, from folk, tribal, ghazal to classical music. The highlight performances include Padmashri Kaluram Bamaniya, Akkarai Sisters, Arivu, Divyam Sodhi and Khwaab, and folk dance showcases from Jharkhand and Orissa. **Where: Indian Music Experience Museum, JP Nagar; When: August 29 to September 7, 12 pm onwards**

03 Art realm

Museum of Art & Photography (MAP) is organising 'In Celestial Company', an exhibition featuring sculptures, textiles, brass figurines, paintings, chariots, and wooden artefacts where the oft-ignored celestial beings who accompany and carry the pantheon are the centrepiece. **Where: Museum of Art & Photography, Ashok Nagar; When: Opening September 13**

04 Vegan finds

Namu Recommends Vegan Market is back with its 15th edition, collaborating with over 130 brands showcasing cruelty-free beauty, sustainable fashion, plant-based food, and a lot more. The market is pet-friendly, and offers food stalls, desserts, and specialty drinks. **Where: Chamara Vajra, Jayamahal; When: September 6 to 7, 12 pm to 8 pm**

05 Paw parade

The Feline Club of India is organising 'Championship Cat Show' with participation from across the country. The event also has a mega-exhibition by various pet brands, a fun activity zone and cat adoption, along with other treats. **Where: Jayamahal Convention Centre; When: September 21, 11 am**

Skating community rolls on strong in Bengaluru

From modest beginnings, city now has thousands of skaters who skate for recreation, fitness, and transport, with growing participation from people of diverse age groups

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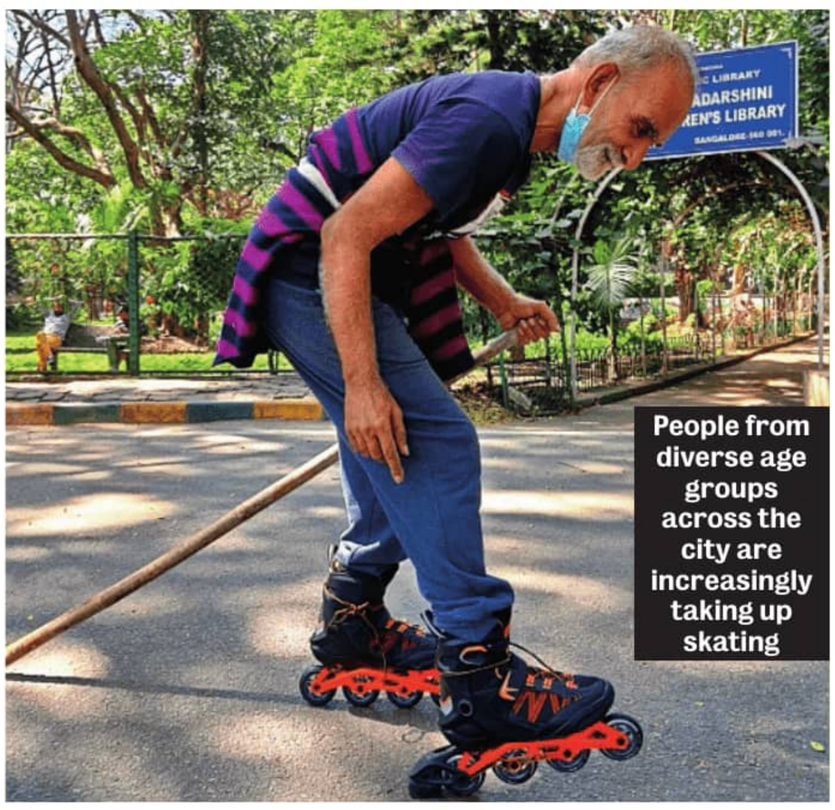
Bengaluru's urban skating community is growing fast, with more youngsters spending their weekends skateboarding or roller skating. What began with just 5 to 10 members have now grown to around 200 skaters coming together on weekends to skate at Cubbon Park.

Divye Karde, founder of Bengaluru Skaters, said, "When we started in 2016, people usually associated skating with only competitions and races. Urban skating as a concept itself wasn't famous." He said that a lot has changed since the beginning, with the city now having thousands of skaters who skate for recreation, fitness, and transport. "When I first started Bengaluru Skaters, there were some 5–10 people in the very beginning, and on many days, I had to skate alone because no one showed up. But now every Sunday, upwards of 200 skaters visit the park," said Karde.

The skating community has members as young as 3 years old and even some aged over 70. Most skaters are in their 20s and early 30s, but people above 35 are also increasingly taking it up.

Speaking about how skating has benefitted him, 28-year-old Akarsh Karthik said that he has been skating since his childhood. "I realised now that it's an awesome thing I picked up. It has made me happy when I was sad, picked me up when life was not so friendly, got me friends, kept me busy, and helped me pass my weekends healthily. My lower body strength and stamina remained good throughout, and now I have started my own skating club where I even earn a little from my hobby with joy," said Karthik.



People from diverse age groups across the city are increasingly taking up skating

Founder of Bengaluru Skaters says better urban infrastructure could encourage more people to opt for skating for short-distance commutes, helping reduce pollution

Unfortunately, there aren't many places fit for the community to meet and practise.

"The community supports skaters of all levels, including those who are wearing skates for the first time. So, Cubbon Park is a safe place when the roads are blocked for traffic to learn and practise, especially for urban skating," said Karde. Karde noted that other public spaces are either not safe or not open for skaters. "There are a few dedicated tracks, but not without expensive fees and very limited space, and they are not fit places to learn urban skating, as situational awareness on roads can't be learned in tracks," said Karde.

Karde highlighted that the benefits of skating go beyond just individual gains. He said better urban infrastructure, like in western countries, could encourage more people to choose skating or cycling for short-distance commutes, helping reduce pollution. "Also, with more skating-friendly places, more people would pick up skating, which would help inculcate a deeper sense of community," added Karde.

Benefits of skating

- Low-impact workout, gentler on the knees compared to running
- Improves balance and coordination in daily life
- Strengthens lower body muscles
- Boosts cardiovascular health
- Makes fitness fun and easy to stick to, since it doesn't feel like a workout

Five simple skating tips

- Start slow and steady – don't rush into advanced moves
- Always wear safety gear – helmet, knee pads, and wrist guards are a must
- Learn the basics first – focus on balance, stopping, and turning
- Know your limits – don't try skills beyond your comfort level
- Practise regularly – short and consistent practise builds confidence

Govt plans to shift KR Market flower section

The Karnataka government is planning to relocate the congested flower market from KR Market to a 5-acre space within the GKVK Horticulture University campus in Hebbal.

With no dedicated area for flower vendors at KR Market, hundreds of sellers and farmers currently occupy roadside spaces near SJP Road, leading to severe morning traffic congestion. To resolve this, the Agricultural Marketing Department has initiated the process of transferring 5 acres from the GKVK campus for the construction of 400–500 stalls and a flower preservation unit. The proposed project is expected to cost around Rs 40 crore and aims to provide a permanent, organised space for flower traders, easing both traffic woes and vendor hardships. flower traders, easing both traffic woes and vendor hardships. vendor hardships. **— BMB**

Metro station naming sparks clash between Kiran Mazumdar-Shaw and Kavita Reddy

Bengaluru's move to name metro stations after corporate sponsors has triggered a war of words on social media between Biocon founder Kiran Mazumdar-Shaw and politician-activist Kavita Reddy. Deputy Chief Minister DK Shivakumar recently defended the idea, stating that companies that would be contributing the funds deserve naming rights. In response, Kavita Reddy criticised the trend on X (formerly Twitter), arguing that Bengaluru belongs to its people and has a rich cultural identity — metro stations should reflect that, not corporate branding.

Kiran Mazumdar-Shaw hit back, questioning whether companies that are contributing to the city's growth are being disregarded. "Corporates are an integral part of Bengaluru's and Karnataka's history. BMRCL's PPP model has even earned praise from the PM," she wrote. Kavita retorted, "Our PM is a businessman, not a statesman. Naming one station after him wouldn't be wrong," further fuelling the debate over heritage versus commercialisation. **— BMB**

Degree classes not happening

The prolonged delay in the appointment of guest lecturers in Karnataka's government first-grade colleges has severely disrupted academic activities, leaving lakhs of students in distress for over a month. Most students are attending just one or two classes a day before being sent back home, leading to widespread protests.

Students are bearing the brunt of confusion surrounding non-UGC-compliant appointments, legal hurdles from some lecturers, and demands to recognise K-SET qualifications as equivalent—factors that have all contributed to the delay. Out of 432 government first-grade colleges in the state, only 3,500 permanent lecturers are currently in service. Last year, 10,976 guest lecturers were appointed, of whom 5,623 had UGC qualifications, while 5,353 did not. Despite the new academic year having started over 50 days ago, the semester system mandates a minimum of three months of continuous classes. However, in many places, not even a single class has been conducted in the last 2.5 months.

Cities like Mysuru, Bengaluru, Dharwad, and Belagavi reported a delayed start to classes nearly two months ago. Without lecturers, students are now staring at an incomplete semester. Dr Hanumanthagowda R Kalpani, President of the State Government Degree College Guest Lecturers Association, has emphasised the need for immediate counselling and appointment of guest lecturers. He also demanded that those who have served for many years be given priority without discrimination.

The situation has sparked protests in several parts of the state, including Bengaluru, Mysuru, Chitradurga, Raichur, Sindhanur, Koppal, and more. Thousands of students have taken to the streets, and now many are attending college just to participate in protests. The reality has become so stark that classes are being replaced by demonstrations. **— BMB**

Six state universities await full-time leadership

Six state universities in Karnataka have been functioning without full-time vice chancellors for the past six to seven months, hampering both academic and administrative progress.

Despite repeated calls for applications, some specialized universities have failed to attract eligible candidates, while disputes over search committee appointments have delayed the process elsewhere.

Out of the state's 32 universities, three have remained without vice chancellors since November 2024, while others lost theirs between January and April 2025.

Currently, in-charge vice chancellors or senior deans are overseeing operations, but they lack the authority to take major policy or developmental decisions.

The Higher Education Department has assured that verification and selection are underway, promising appointments soon.

However, at Mysuru's Dr Gangubai Hangal University of Music and Performing Arts, the post remains vacant as no candidate has met the stringent academic requirements. With more vacancies expected in the coming months, concerns are mounting that the prolonged absence of permanent leadership could stall growth, weaken governance, and affect the overall direction of higher education in the state.

BU embraces digital teaching transformation

Bangalore University has officially replaced its traditional green and blackboards with smart boards across 191 departments, marking a major digital shift in its teaching approach. Alongside this, a modern computer lab has been set up to strengthen practical learning.

The upgrades, costing ₹3.17 crore under the Rashtriya Uchchatar Shiksha Abhiyan (RUSA 2.0), also include UPS systems to ensure uninterrupted digital learning. In addition, the university has secured ₹100 crore under the PM-USHA scheme for further infrastructure improvements.

With more than 4,000 students across 53 departments, Wi-Fi-enabled smart boards have already transformed classroom interactions. Faculty members say the boards simplify complex lessons and improve clarity, while research students highlight that earlier blackboard sessions were often hard to follow from a distance. Interactive tools, they add, now make it easier to engage with coursework.

The new computer lab is equipped with 245 desktops, furniture, and 10 UPS systems to support science courses with daily practical sessions.

Professors' emphasis that this integration of traditional teaching methods with modern technology marks a significant turning point for higher education, enhancing both accessibility and effectiveness while preparing students for a more digitally driven future. **BMB**

Lesson-based tests revived, stress concerns persist

Karnataka's move adds up to 116 tests in an SSLC year, piling pressure on students and teachers

The state Education Department has revived Lesson-Based Assessments (LBA), drawing sharp criticism from teachers and parents who say the move adds pressure rather than improving learning. Officials frame the decision as a learning-outcomes push, but stakeholders argue it piles anxiety and paperwork onto already stretched classrooms and households.

Classes 6–10 face 62 LBAs a year — on top of FAs and SAs

How the system works

An initial circular mandated a test for every lesson with results uploaded to the SATS online portal. After statewide objections, rules were tweaked: in language subjects, one poem per lesson would be assessed; in other subjects, one LBA is required for every three lessons. Even with the revision, Classes 1–5 face 32 LBAs a year, while Classes 6–10 face 62. Teachers must prepare papers in the prescribed format, conduct exams, and upload results as directed.

The assessments land on top of four Formative Assessments (FA) and two Summative Assessments (SA). FAs are one-period, 20-mark tests; SAs run three hours each. For SSLC, the tally is daunting: 62 LBAs, 4 FAs, 2 SAs, two preparatory exams (district and state), and one public exam—116 tests within about 10 months. Parents say this squeezes out sports, arts, and co-curriculars and intensifies at-home exam prep, especially for younger learners.

Teachers' bodies have submitted a 14-point memorandum asking for simplification and clarity. They flag unclear provisions on internet access for SATS uploads, funding for printing and processing question papers, and the practical feasibility of frequent testing across varied school contexts. Schools say the order compels government-format papers but is silent on who pays and offers little guidance on connectivity and infrastructure for immediate entries after each test.

> **"Teachers' bodies have submitted a 14-point memorandum asking for simplification and clarity**

Representatives of teachers' associations say LBAs are intended to aid remediation, supplementing FA-1 to FA-4 and SA-1 and SA-2, and that regular exams will continue. Critics counter that measuring more may mean learning less: the volume of testing risks narrowing curricula to what is easily assessed, trading depth and discovery for a treadmill of exams. Many argue that strengthening FA/SA with targeted remedial support would achieve the same aims without multiplying tests.

RAJARAJESWARI COLLEGE OF ENGINEERING
AUTONOMOUS INSTITUTION (Approved by UGC & AICTE, Under VTU)
#14, Ramohalli Cross, Kumbalgodu, Mysore Road, Bengaluru - 560 074.

16th GRADUATION DAY
3rd September, 2025 (Wednesday)
10:00 AM onwards

Chief Guest
Sri Yeshwanth V.Gurukar, IAS
Deputy Commissioner &
District Magistrate Bengaluru, South District

Presided by
Dr. A.C. Shanmugam
B.A. LLB, FIMSA, FRCPS (Glasgow, UK)
Founder Chairman, RRCE, Bengaluru

Guest of Honor
Ms. Radhika Narayan
Cine Actress

Sri. A.C.S Arun Kumar
B.Tech (Hons), LMISTE, MIET. (UK),
LMCSI, MIEEL, MCSI, MISTE, CEng (India)
President

Smt. S. Lalithalakshmi
Chairperson

Venue: A.C.S Convention Centre, RajaRajeswari Medical College & Hospital Campus

Live Convocation Link & QR Code
YouTube www.rrce.org facebook
https://youtube.com/live/_cbtFIK0T7s?feature=share
https://www.facebook.com/events/1462709574974230/

City governance reshaped with formation of GBA

Fresh administrative map divides city into five zones with various corporations

BBMP building renamed as GBA building

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As the Greater Bengaluru Authority (GBA) officially came into effect on Tuesday, the Bruhat Bengaluru Mahanagara Palike (BBMP) will be relegated to the past. The big question, however, is: will this historic shift really improve the lives of Bengalureans?

Five city corporations under GBA

From Tuesday, the GBA formally took charge, bringing under its jurisdiction five newly constituted city corporations — Bengaluru Central, Bengaluru North, Bengaluru South, Bengaluru East, and Bengaluru West. The state government has restructured postings, reallocating officers from the IAS, IPS, KAS, and KPS cadres for the governance of the GBA and its five corporations. The government issued an official gazette notification on Tuesday announcing the formation of the GBA and the new city corporations. Offices for all five corporations have already been identified. The GBA headquarters will function from the existing BBMP central office, draft notifications defining the boundaries of the corporations based on Assembly constituencies have been circulated. After considering objections, most boundaries are expected to remain as proposed. Each city corporation will have two zones, with zonal offices already finalised.

Reassignment of BBMP staff

With the Greater Bengaluru Authority (GBA) coming into effect, the BBMP will cease to exist, and all IAS, IPS, KAS, and KPS officers sanctioned to the BBMP have been reassigned to GBA. An IAS officer of Principal Secretary rank or above will serve as Chief Commissioner, while senior KAS officers will take charge as Deputy and Assistant Commissioners (Administration). Each of the five city corporations will be headed by an IAS officer of Secretary rank, supported by five Additional Commissioners of Senior/JAG rank and Joint Commissioners for every corporation zone, along with 10 KAS officers serving as Revenue Deputies. The government is expected to finalise and post most officers by Monday, with staff from the central office, zones, wards, and subdivisions reassigned to their respective corporations.

The state has scrapped the BBMP, transferring power to the Greater Bengaluru Authority. Central and zonal officers have been assigned, wards are being restructured, and headquarters will operate from the former Palike offices

Ward Numbers – Status Quo for now

Until the Greater Bengaluru Authority (GBA) takes full effect, the city will continue to function with the existing 198 wards, after which the government will issue an order for ward restructuring across the five corporations and set up a special Delimitation Commission to finalize ward numbers, boundaries, and related details, with the BBMP Chief urging citizens not to believe in speculation.

Expected staff allocation per corporation

The Greater Bengaluru Authority (GBA) will have a sanctioned staff strength distributed as follows: 314 at the GBA Central Office, 4,315 in the North Corporation, 4,215 in the South Corporation, 2,163 in the East Corporation, 6,024 in the West Corporation, and 3,678 in the Central Corporation, 89 with BSWML, 1,851 ministerial staff, and 27 BMTC support staff. The GBA headquarters will function from the existing BBMP central office premises, with Annex 1 housing the offices of the GBA President (Chief Minister), Vice President (Bengaluru Development Minister), Chief Commissioner, and meeting halls, while Annex 2 will accommodate the offices of three Special Commissioners, Chief Engineers, the Legal Cell Head, and Urban Planning Officers.

Assembly segments under each corporation?

Bengaluru Central City Corporation
CV Raman Nagar, Chamarajpet, Chickpet, Gandhinagar, Shantinagar, Shivajinagar, Pulakeshinagar (Kushalnagar ward).
Zone 1 Office: Existing BBMP East Zone office, MG Road.
Zone 2 Office: Annex 3 building, BBMP HQ.

Bengaluru East City Corporation
KR Puram, Mahadevapura (excluding Bellandur ward).
Zone 1: Current Mahadevapura Zone office.
Zone 2: KR Puram Chief Engineer's office.

Bengaluru West City Corporation
Basavanagudi, Dasarahalli (Chikkasandra, Rajagopalanagar, Hegganahalli wards), Govindaraj Nagar, Mahalakshmi Layout, Malleswaram, Padmanabhanagar (Hosakerehalli, Ganesh Mandir, Karisandra, Yediyur wards), Rajajinagar, RR Nagar (parts), Vijayanagar, Yeshwanthpur (excluding Hemmigepura).
Zone 1: RR Nagar Zonal office.
Zone 2: Chandralayout Palike Soudha office.

Bengaluru North City Corporation
Byatarayanapura, Dasarahalli (Shettihalli, Mallasandra, Bagalgunte, T. Dasarahalli wards), Hebbal, Rajarajeshwari Nagar (Jalahalli, JP Park, Yeshwanthpur wards), Sarvagnanagar, Yelahanka, Pulakeshinagar (excluding Kushalnagar).
Zone 1: Yelahanka Zonal office.
Zone 2: Dasarahalli Zonal office.

Bengaluru South City Corporation
BTM Layout, Bommanahalli, Bengaluru South, Jayanagar, Mahadevapura (only Bellandur ward), Padmanabhanagar (Kumaraswamy Layout, Padmanabhanagar, Chikkallasandra wards), RR Nagar (only Rajarajeshwarinagar ward), Yeshwanthpur (only Hemmigepura ward).
Zone 1: South Zone office.
Zone 2: Bommanahalli Zone office.

Current and sanctioned staff strength
Currently working staff: **18,790**
Sanctioned staff strength: **22,411**
Required staff strength: **23,689**

Legal panel moves on pathway encroachment claim

The Karnataka Land Grabbing Prohibition Special Court (KLGPSC) has directed the Avalahalli Police Inspector to issue a notice to the Managing Director of Ravindu Motors Pvt Ltd, Avalahalli village, to submit objection statements regarding an encroachment allegation on or before November 20. The KLGPSC took up the case following on a complaint lodged by Paramesh V of Belathur Colony, Kadugodi Post against the Tahsildar and other authorities for failing to clear the alleged encroachment of two guntas of land that was used as a pedestrian pathway.

Paramesh lodged a complaint with the KLGPSC against the Managing Director of Ravindu Motors Pvt Ltd, Avalahalli, the Bengaluru East Tahsildar, and the Avalahalli Panchayat Development Officer. The KLGPSC, in its order, stated that Manjunath, Village Accountant, from the office of the Tahsildar, Bengaluru East Taluk was present and submitted the Tahsildar's report dated July 24, 2025. "Along with the report, he has produced the sketch and the report submitted by the Taluka surveyor. According to the report and the sketch, Respondent No.1 has encroached two guntas of pathway and has constructed the katte (barrier) in the encroached portion," the KLGPSC order read.

The KLGPSC stated that the Bengaluru East Taluk Tahsildar submitted no objection to the report. "In view of the above, we are of the considered opinion that there is a prima facie case against Respondent No.1. Issue notice to the Respondent No.1 through Police Inspector, Avalahalli Police Station, calling upon her to submit objection statements," the KLGPSC order read.

The hearing of the case is scheduled for November 20, 2025.

Meanwhile, a representative of Ravindu Motors Pvt Ltd, Avalahalli, said that a petition regarding the alleged encroachment of the pedestrian pathway had been submitted in the City Civil Court, but it was dismissed by the Honourable Court. "Our legal team will examine the matter and file objection statements before the Honourable Court," the representative said.

PICTURE FOR REPRESENTATION ONLY

— Y Maheswara Reddy

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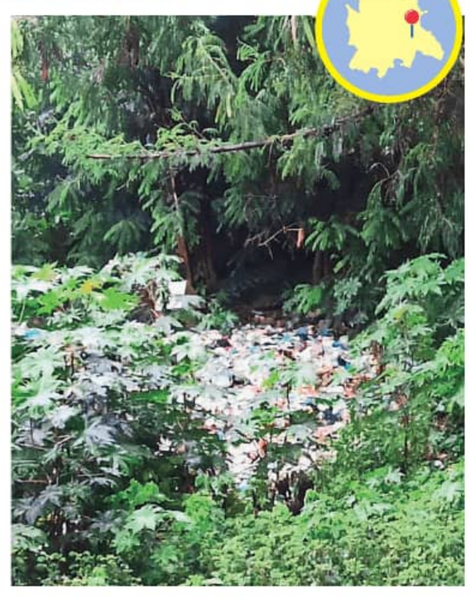
Open menace

Austin Town

An open drain on Austin Main Road in Austin Town poses a serious risk to commuters and residents.

Trash trouble

Horamavu



Garbage piles and open pits at Hoysala Nagar, 18th Cross, 3rd Main in Horamavu block access to the lake. Residents blame the BBMP's poor maintenance.

Street mess

Rajajinagar

Abandoned vehicles, street vendors, and food stalls have taken over the footpaths on 50th Cross in Rajajinagar 3rd Block, forcing pedestrians onto the busy road.

Not a promoter, RERA Act not applicable: BDA

Claiming protection under its self-contained legislation, BDA argues complaints before K-RERA are not maintainable, drawing sharp criticism from citizens still awaiting promised homes

BDA faces heat as site allottees urge K-RERA intervention over delayed Kempegowda Layout project

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TWEETS @BangaloreMIRROR

The Bangalore Development Authority (BDA), in a submission before the Karnataka Real Estate Regulatory Authority (K-RERA), stated that it cannot be considered a promoter and that K-RERA lacks jurisdiction to regulate its functioning or entertain complaints and petitions filed against the authority.

The BDA, in a submission made on September 1, stated that BDA Act has been time and again tested before various benches of the honorable Apex Court and has been upheld to be a self-contained code that provides for necessary provisions to implement and deliver the basic objective which as in the mind of the framers of the said Act. "When such is the circumstance, the provisions of the RERA Act are not applicable to the BDA. Wherefore, it is most humbly prayed that this honorable Authority may kindly be pleased to dismiss the complaints as not maintainable, in the interest of justice and equity", the BDA submission read.

It may be recalled that several people who purchased sites at Nadaprabhu Kempegowda Layout had approached K-RERA seeking compensation from the BDA over delays in developing the layout. "The layout was to be completed by 2018 but got delayed due to the incompetence of the BDA. Even now, instead of addressing the issue, the BDA is questioning the authority of K-RERA. We understand that land acquisition challenges exist, but without securing land, the BDA should not have allotted sites or collected money from the public. Because of similar incompetence, the Supreme Court appointed a supervisory committee for Dr Shivaram Karanth Layout. We now demand such a supervisory committee for Nadaprabhu Kempegowda Layout," said KA Sairam, father of an allottee.

Layout was to be completed by 2018 but got delayed due to the incompetence of the BDA. Even now, instead of addressing the issue, the BDA is questioning authority of K-RERA

Most site allottees have been unable to construct their dream homes owing to the absence of basic infrastructure at Nadaprabhu Kempegowda Layout. The Legislative Petitions Committee has repeatedly visited the layout to inspect progress and review developmental works.

According to documents with Bangalore Mirror, the Bangalore Development Authority secured registration from the Karnataka Real Estate Regulatory Authority on May 18, 2018, for forming Nadaprabhu Kempegowda Layout in Kengeri. The big question persists: if BDA insists it does not fall within K-RERA's jurisdiction, why did it proceed to register the layout under the authority's framework?

When contacted, BDA Commissioner Manivannan P said that he would investigate the matter.

However, K-RERA Chairman Rakesh Singh was unavailable for comment.

BM WoW Wednesday
Your Chance to WIN today
NoizZ
Answer this question and fill the details below to win passes to Armaan's concert at Phoenix Marketcity on September 13
What is Armaan Malik's first English single for which he also won a MTV Europe Award 2020?
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Age:
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Profession:
Which aspects of the city does BM cover the best?
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KSRTC bus seized, passengers taken along

In a dramatic turn of events on Monday, traffic police from Sanjaynagar station seized a KSRTC bus — along with its passengers — after the driver halted near Baptist Hospital in Hebbal, where stopping is reportedly prohibited. The bus, arriving from Hospet to Bengaluru, was pulled over for the unauthorised halt, sparking heated exchanges between police, the driver, and passengers.

Passengers expressed outrage, questioning why they were forced to the police station without alternative travel arrangements. "If you're seizing the bus, at least provide us another way to reach our destination. Why are we being taken to the station too?" they asked.

Police claimed the action was taken under instructions from higher authorities. Videos of protesting passengers went viral. **—BMB**

Temporary relief to person handling BJP X handle

The Karnataka High Court on Monday extended interim protection from arrest for the individual managing the Bharatiya Janata Party's official 'X' handle in the state. The relief concerns a criminal case registered under Sections 353 and 192 of the Bharatiya Nyaya Sanhita (BNS), 2023.

The case stems from a controversial post shared on the BJP Karnataka handle, which allegedly compared former Prime Minister Indira Gandhi to Adolf Hitler. Although the post was deleted soon after it was uploaded, police registered a case, prompting the petitioner to seek quashing of the proceedings before the High Court.

The matter was heard by Justice Sachin Shankar Magadum. During submissions, counsel for the petitioner stated that they intended to rely on the Supreme Court's ruling in the Imran Pratapgarhi case, which addressed similar issues concerning political speech and criminal liability. At an earlier hearing, the State Government had sought time to examine the applicability of that judgment. The High Court had then directed that no coercive action be taken in the interim.

When the matter came up again on Monday, the government requested another adjournment. The bench granted the request but also considered the plea from the petitioner seeking continuation of the earlier interim protection. Accepting the submission, the court extended its order restraining coercive measures until the next date of hearing.

The case will come up again after the adjournment, with the petitioner expected to press reliance on the Supreme Court ruling. **—BMB**

DNA test to prove paternity needs strict safeguards

The Karnataka High Court has ruled that DNA tests to establish paternity cannot be ordered mechanically and must strictly comply with Section 112 of the Indian Evidence Act. Compelling such tests without demonstrable necessity, the court held, undermines the sanctity of marriage, the presumption of legitimacy for children born within wedlock, and the fundamental rights to privacy and dignity under Article 21 of the Constitution.

Justice M Nagaprasanna, delivering the judgment, emphasised that Section 112 (now Section 116 of the Bharatiya Sakshya Adhiniyam) is rooted in the maxim pater est quem nuptiae demonstrant — "the father is he whom the marriage indicates." Birth during a valid marriage, he said, is conclusive proof of legitimacy unless it is affirmatively shown that the spouses had no access to each other at the relevant time.

The ruling came in a petition filed by Hareesh @ Harishkumar, challenging a civil court's order directing DNA tests of the alleged father and son. The trial court's decision was based on claims that the father had undergone vasectomy in 1979, while the son was born in 1986.

The High Court found the lower court erred by permitting the test without any plea or proof of "non-access." Treating DNA testing as routine, the judge noted, risks violating privacy, dignity, and the legitimacy of the child.

Accordingly, the petition was allowed, the DNA order quashed, and all related proceedings declared void. The court also directed that subordinate courts be sensitised to scrutinise such requests carefully, ensuring statutory and constitutional safeguards are upheld. **—BMB**

Complaint, counter complaint over assault

The Nelamangala police have registered two separate cases following a clash involving a government surveyor and local residents on August 30. According to a complaint filed by resident Ravi Nandan on September 1, four men arrived in a car at 8.30 pm and allegedly attacked Nataraju. Ravi, who attempted to intervene, was also assaulted. His wife, children, and house owner rushed to rescue both men. Police were called through the 112 helpline. A case was registered against the accused—Keerthiraj, Teju, Mahesh, and Kumaraswamy—under multiple IPC sections.

However, the following day, Kumaraswamy filed a counter complaint. He alleged that Nataraju had earlier barged into his office and attacked him. **—BMB**

Kannada actor Sathya, wife booked for cheating

The Chennammanakere Achukattu police have registered a cheating case against Kannada television actor Sathya and his wife, Nirmala Swamy, for allegedly failing to return ₹1 crore taken from Lokesh Productions for the making of a serial.

According to the complaint filed by Agni U. Sagar on behalf of actor Srujan Lokesh's Lokesh Productions, the couple, who run Sai Nirmala Productions, had received ₹1 crore as investment for producing the television show Lakshmi Nivasa. As per the agreement, they were required to repay the amount in monthly installments of ₹5 lakh beginning March 2024, but they have not done so despite repeated reminders. **—BMB**

Bengaluru teens patent smart storm drain system to recharge groundwater

Turning floods into a solution, siblings design patented drain-based technology to tackle water scarcity and urban flooding simultaneously

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The system provides rapid recharge during monsoon and slow seepage later, maintaining aquifer levels throughout the year efficiently;

Two Bengaluru teens patent a storm drain-based recharge system that filters runoff to replenish groundwater, addressing flooding and water scarcity. The modular design integrates with existing drains, ensuring sustainable urban water management

The extremes of water in Bengaluru — flooded streets during monsoons and dry borewells in summer — led two teenagers, Vedansh Pandey (17) and his sister Veruschka Pandey (14), to develop a patented groundwater recharge system using storm water drains. Their innovation, titled "A Novel Technology for the Rejuvenation of Groundwater Table Through Storm Water Drains," has been formally recognised under the Indian Patents Act (1970).

Vedansh

The siblings observed that every year, heavy rains inundated several Bengaluru neighbourhoods, with storm water drains carrying large volumes of runoff out of the city. Within weeks, the same areas faced severe water scarcity, forcing residents to rely on tanker water and dried-up borewells. This stark contrast between excess water and shortage prompted them to explore whether storm water could be redirected into the ground to solve both issues.

Their patented system modifies existing storm water drains into recharge structures. Open wells, 1.5 metres in diameter, are embedded within the drain bed and lined with concrete rings drilled with weep holes, allowing water to percolate slowly into the surrounding soil. A galvanised iron pipe with radial slots is inserted through the rings to enhance flow. This design enables rapid recharge during monsoon and gradual seepage in dry periods, helping maintain groundwater levels year-round.

Unlike conventional rainwater harvesting pits, this model does not require additional land. Instead, it integrates with municipal drainage systems. Its modular structure allows replication across multiple urban and rural locations. As storm water passes through layers of concrete, soil and slotted pipes, it undergoes filtration before entering aquifers, improving overall water quality.

Veruschka Pande

India's mounting water crisis forms the backdrop to this innovation. With 17 percent of the global population and just 4 percent of freshwater resources, the country faces growing stress. According to NITI Aayog, 21 Indian cities could run out of groundwater by 2030. Bengaluru itself sees annual flooding during heavy rains while its aquifers continue to deplete, leaving many areas parched in summer.

The Pandey siblings' invention seeks to turn this recurring problem into an opportunity for conservation. By capturing excess rainwater that usually leads to flooding and channelling it underground, the system addresses two pressing challenges simultaneously. This design, the first patented model of its kind in India combines radial wells, perforated concrete rings and slotted pipes within storm drains, setting it apart from existing recharge techniques.

Portal glitch freezes homestay registrations

Homestay owners in Kodagu have been facing difficulties for over 45 days as the Tourism Department's registration portal remains down due to a technical glitch. More than 1,000 applications are pending, leaving owners unable to register or renew licenses, creating legal uncertainty. Despite simplified registration norms introduced earlier, the system failure has brought the process to a halt. Meanwhile, police have started manual inspections and warned operators of legal action for running unregistered stays. Tourism officials admitted they are unsure when the issue will be resolved. "There is a state-level technical problem with the website, and we're waiting for instructions from higher authorities," said B Basappa, In-Charge Deputy Director of Tourism. — BMB

Karnataka leads India in August GST growth

Karnataka recorded the highest GST growth in India for August 2025, posting a 15% increase in collections compared to last year. The state collected ₹14,204 crore, up from ₹12,344 crore in August 2024, surpassing Maharashtra and Tamil Nadu in growth rate. Maharashtra led in overall collection with ₹28,900 crore but grew only 10%, while Tamil Nadu secured third place with ₹11,057 crore and 9% growth. Nationally, GST collections stood at ₹1.86 lakh crore, marking a 6.5% rise from last year's ₹1.75 lakh crore, driven mainly by strong domestic collections of ₹1.37 lakh crore. However, vehicle sales dipped sharply as buyers delayed purchases amid speculation of GST rate cuts and possible restructuring of tax slabs nationwide. — BMB

Agencies just point fingers as lake quality deteriorates

CONTINUED FROM PAGE 1

is seen blaming BWSSB for contamination of lakes. KSPCB has been monitoring lake water quality for years, but there has been no improvement. Even the state pollution control board does not hesitate to just blame BBMP and BWSSB for high pollution levels. Amongst the departments of BBMP, there is no coordination. SWD and Lake Departments work separately, leading to the current situation," said Dattatreya Devare, trustee of Bangalore Environment Trust.

Experts also point to a lack of action on lake encroachment by the authorities. Activists allege that lake land worth crores was encroached upon by the land mafia in the past. However, lake authorities have hardly taken measures to reclaim the land.

"In the 1990s, the city had nearly 1,500 lakes, which had reduced to 210 in 2020. Encroachment has been severely degrading lake water quality due to unchecked discharge of untreated sewage, dumping of waste, etc. Unless encroachments are removed, water quality is not expected to improve," said a city-based activist. The Karnataka Tank Conservation and Development Authority Amendment Bill 2025 (KTCDA Amendment Bill 2025) will exacerbate the problem, opine experts. They advocate for 100–300 m buffer zones to preserve ecosystem integrity, biodiversity, flood control, and water quality.

It will favour reckless real estate development, endangering overall water security and lake ecosystems.

"Lakes are under the threat of destruction by the Karnataka Government's malicious Bill to amend the KTCDA Act, to reduce lake buffer zones, and to allow development activities in the sensitive buffer zones. This will have grave consequences for lake water quality," added Devare.

Darshan's jail transfer plea to be heard today

The Karnataka High Court on Tuesday posted the matter related to shifting Kannada actor Darshan from Bengaluru Central Jail to Ballari Central Jail on September 3. Special Public Prosecutor (SPP) Prasanna Kumar pressed for Darshan's transfer to Ballari, where he was earlier kept before being released on bail.

However, Darshan's counsel Sandesh Chauta strongly opposed the move, arguing that the shift would seriously hamper trial proceedings. "There are 272 witnesses in this case, and the Supreme Court has already directed a speedy trial. It is not feasible for an accused and his lawyers to participate meaningfully if hearings are held only through video conferencing. Regular travel between Ballari and Bengaluru—over 300 km apart—is simply impractical during the trial," Chauta contended. On the issue of Darshan's earlier transfer following a leaked photo of him smoking in prison, his lawyers maintained that smoking is not a punishable offence under the prison manual. "The rules allow smoking in designated zones, but when we asked, officials admitted that Parappana Agrahara has no smoking zone. Therefore, citing this as a reason to shift him is unjustified," Chauta argued. The defense also sought basic facilities for Darshan, including a bed, bedsheet, and pillow. "We are asking only for what undertrial prisoners are entitled to under law. If these cannot be given, the jail authorities must clarify the legal basis for denial," the lawyers submitted.

Responding to these arguments, SPP Prasanna Kumar said the request for special facilities was filed within two days of Darshan's entry into prison and cited the Karnataka Prisoners Act. "But this Act applies only to convicts, not undertrial prisoners. While an undertrial may obtain a bed and pillow at personal cost, the final decision rests with the Inspector General of Prisons," he said. — PTI

Midday meals suffer as essentials vanish

For over one and a half months, government school students in Bangarpet taluk have been missing proper midday meals due to a severe shortage of essential ingredients like cooking oil and tur dal (pigeon peas). The midday meal scheme, aimed at boosting attendance and supporting education for children from poor and middle-class families, is now struggling.

In several schools, teachers have been spending their own money to buy oil and dal from local shops to keep meals going. However, in some areas, even this is no longer possible, forcing schools to serve plain rice dishes such as chitranna (lemon rice), which lack both taste and nutrition.

The government claims supplies were dispatched as of August 10, but delays persist. Block Education Officer Yuvraj assured that stocks are on the way, while parents accuse officials of negligence and inaction.

Despite having a separate department to oversee the scheme, its inefficiency and lack of accountability have drawn sharp criticism. A program meant to benefit lakhs of underprivileged children is failing in its primary purpose—feeding students nutritious meals. — BMB

Buffer changes draw criticism

Disaster management experts and civic activists oppose Karnataka govt's plan to reduce SWD buffer zones, say move will lead to cutting of many trees, along with pollution of SWDs and lakes

Garima Prasher
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Experts say proposed SWD buffer zone modifications could result in environmental problems

In a notification issued on September 1, the Government of Karnataka (GoK) has proposed modifications to the buffer zones of stormwater drains (SWDs) within the Bengaluru Metropolitan Region.

As per the notification, a minimum buffer of 15 metres has been proposed on either side of the edge of primary drains, 10 metres for secondary drains, and 5 metres for tertiary drains.

Primary drains include natural drains designed to carry stormwater, leading from one lake to another lake or from a lake to a river. Secondary drains are meant for carrying stormwater to a lake or to a primary drain, and tertiary drains include drains meant for carrying stormwater to secondary drains. Drains leading to tertiary drains would be maintained as per the revenue records, and a buffer will not be applicable for such drains.

The original Master Plan 2015 had buffers of 50 metres for primary drains, 25 metres for secondary, and 15 metres for tertiary drains.

According to a National Green Tribunal mandate of 2016, primary drains should have a buffer zone of 50 metres, for secondary drains it is 35 metres, and for tertiary drains it is 25 metres.

Disaster management experts and civic activists say the GoK notification is to facilitate road construction and concretisation in previously protected areas, which will lead to the cutting of thousands of trees, along with pollution of SWDs and lakes.

Sandeep Anirudhan, a city-based civic activist, said that if this amendment is notified and implemented, it will exacerbate flooding in Bengaluru. "The current government is on a rampage to eliminate lakes, rajakaluves, and forests in Karnataka. First, they attempted to reduce lake buffer zones by surreptitiously introducing the KTCDA Amendment Bill 2025 without public consultation, despite an NGT notice issued on the matter. Now it is the SWD buffer zone. These are all part of a coordinated land grab attempt and concretisation of the sensitive buffer zones of lakes and stormwater drains," said Anirudhan.

According to Dr GS Srinivas Reddy, former director of Karnataka State Natural Disaster Management Centre (KSNDMC), instead of constructing roads along SWDs, the buffer zone should be utilised to increase the capacity of stormwater drains, as their carrying capacity has gone down due to various reasons, such as encroachment and deposition of silt.

City-based civic activist warns implementation could worsen flooding across city

Dr Reddy said that apart from the reduced carrying capacity of SWDs, the rainfall pattern has changed significantly. "Moreover, the run-off quotient of Bengaluru has increased from nearly 40 per cent a couple of decades ago to 80 per cent now due to concretisation," said Dr Reddy.

Experts say this amendment, if notified, will lead to an environmental catastrophe affecting water and food security, while aggravating the effects of climate change.

"It will lead to severe flooding and large-scale tree felling in these buffer zones. Pollution of lakes and groundwater will become even more severe. Groundwater recharge will be reduced. This government will be remembered in history as the destroyer of lakes of Karnataka," added Anirudhan.

Public objection/ comments invited

The GoK notification has also invited objections and comments from the public.

However, experts opine that in the absence of scientific and technical information about the impact of this reduction on the city, the exercise to invite public objection is futile.

"Will authorities implement scientific flood mitigation modelling tools to understand the impact of reducing SWD and lake buffer zones on the city? Has the government consulted experts such as hydrologists, hydraulic experts, and limnologists before arriving at this proposal?" said V Ramprasad, Founder of Friends of Lakes, adding that these scientific and technical aspects should be made public for the citizens.

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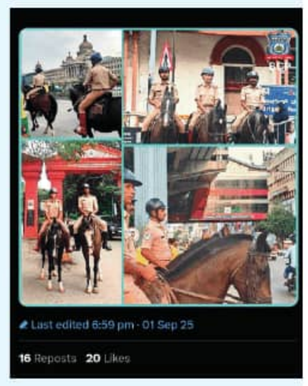

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Three arrested for temple thefts, idols worth Rs 6.5 lakh recovered

The Kadugodi police have arrested three men, for their involvement in a series of temple thefts, recovering 12 idols, puja articles, and an autorickshaw worth Rs 6.5 lakh.

The case came to light on July 30 when a complaint was filed by a priest of Muneshwara Swamy temple, after idols, temple bells, and money from the temple were found missing. Following weeks of investigation, police detained the first accused identified as Mohammed Rabbi (22) within Kadugodi police station limits. Tools including pliers, an iron rod, and an axe blade were found in his possession. On questioning, he confessed to the theft and revealed the names of his two accomplices, including his brother, identified as Mohammed Yusuf (20) and Mohammed Babu (20).

The duo was detained the same day and admitted to being part of the thefts, including stealing autorickshaws in Hoskote and Avalahalli. Acting on their inputs, police seized 12 idols, puja items, and one autorickshaw on Aug 29.

With the arrests, police said three cases stand solved, two theft cases under the Kadugodi police station and one case under the Hoskote police station. The accused have been remanded to judicial custody. —BMB

Foreign women found staying illegally, homeowner booked

The Women's Protection Squad of the Central Crime Branch (CCB) has booked a city homeowner for illegally renting his house to two foreign nationals who were overstaying in violation of visa norms.

Acting on specific information, CCB officers visited the location indicated by an informant and questioned two foreign women residing there. Preliminary checks revealed that the women had entered India on different visas but were living in the city illegally.

Investigators further found that the house owner had failed to submit the mandatory C Form and other documents related to foreign tenants to the local police station. A case under the Foreigners Act has been registered against him at Parappana Agrahara police station.

While the two foreign nationals were handed over to the station house officer for further legal action, the house owner has gone absconding. Police have launched a manhunt to trace him. The City Police Commissioner stressed that house owners renting to foreign nationals must mandatorily submit the C Form to the nearest police station. —BMB

Foreigner arrested with MDMA worth Rs 2.3 crore in Bagaluru

The Bagaluru police have arrested a foreign national in possession of 2.36 kg of MDMA, a synthetic drug banned under the Narcotic Drugs and Psychotropic Substances (NDPS) Act, with an estimated market value of Rs 2.3 crore.

The accused was allegedly storing narcotics and looking to sell them near the Santhe Circle–CMR College Road in Bagaluru. A swift operation was launched, leading to his arrest. Officers seized 2.36 kg MDMA, Rs 3,000 in cash, a weighing machine, and a two-wheeler from his possession.

According to police, the accused revealed during questioning that he was sourcing MDMA at cheaper rates from an unidentified supplier and selling it at a higher price in the city. Investigators are now probing the supply chain to identify others involved in the racket.

The case has been registered at Bagaluru police station under the NDPS Act. Further investigations are underway. —BMB

1,422 tablets seized till July 15 this year

CONTINUED FROM PAGE 1

B Thirunavukkarasu, President, The Bangalore District chemists and Druggists Association, said, "The Drug Department has already taken strict action against this in Karnataka. Pharmacies have been asked to update the purchase and sale bills and what was sold on a daily basis on the portal. Sale of the drugs without prescription has been brought in control.

Despite this strict compliance, misuse continues to thrive due to loopholes outside the licenced trade. Such unregulated online sales bypass prescription checks. Counterfeit medicines infiltrate the market through semi wholesalers and procuring agents. Third party manufacturers are multiplying unchecked and thrive in uncontrolled distribution. These can also be a result of drug thefts."

As per the data, until July 15, only three cases were booked and five persons were arrested for drug peddling of tablets such as Ecstasy, Yaba, Tapentadol.

The police official further explained that when tablets are manufactured, they carry a batch number and barcode, which makes it easy to trace their origin. "If such tablets are misused, authorities can quickly identify the place of manufacture. For instance, if the batch was produced in Bengaluru, all manufacturing details can be obtained. This is why peddlers prefer sourcing them from outside the state," said the police official.

Dangerous addiction

Dr Lekhansh Shukla from NIMHANS raised concerns over the easy availability of these tablets. He explained that the problem has shifted beyond medical shops, with manufacturers now producing and allegedly pushing them into the black market.

"Peddlers openly sell these drugs, making access easier than ever. Earlier, patients reported sourcing them from pharmacies, but now most obtain them directly from dealers," Dr Shukla said. The doctor noted that over the past four to five years, the demand for these tablets has remained consistently high. "Unfortunately, many patients come for treatment only at a later stage,

"This is an open secret. We have visited several communities where everyone is aware of it, yet no one reports it. Used injections are often seen lying openly on the ground. It is not just about police intervention, drug users also require treatment.

whereas early intervention is far more effective," he said.

He noted that since 2021, the use of tablets as a form of drug abuse has been steadily increasing. "On an average, at least five to six new patients seek treatment every week, which is a significant number. Unlike alcohol addiction, most of those affected are young men in their 20s who are addicted to substances like Tapentadol or other synthetic drugs. The level of injection use and prescription drug abuse is unprecedented, with 15 to 20 follow-up cases being recorded daily," Dr Shukla explained.

Dr Shukla said that currently, the facility has around 60 beds for male patients. "Earlier, almost 99.9% of these beds were occupied by alcohol-dependent individuals. However, now at any given time, 15 to 20 of the inpatients are those addicted to Tapentadol tablets," he said.

According to research conducted by the Centre for Addiction Medicine, Department of Psychiatry, National Institute of Mental Health and Neuro Sciences (NIMHANS), suggests that Tapentadol tablets without abuse-deterrent formulations are highly susceptible to misuse. A striking 93% of users reported taking the drug through injection, and most did not receive adequate doses of buprenorphine as part of opioid agonist therapy.

This practice significantly increases the risk of spread of Hepatitis C Virus (HCV), a serious liver infection that can eventually lead to liver cancer, as users often share needles.

Research indicates that nearly 75% of such individuals are vulnerable to contracting hepatitis. Furthermore, Tapentadol users were found to have a higher likelihood of requiring hospitalisation compared to other opioid users.

According to the research, "The typical patient profile indicates individuals who are school-educated, unmarried, young males from economically disadvantaged backgrounds. Among them, more than one-third (90, 39.4%) identified Tapentadol as the first habit-forming substance they had used (excluding tobacco and caffeine). About half (121, 51%) reported prior use of alcohol and cannabis before moving on to opioids, while the rest had experimented with stimulants or sedatives before opioid use."

Dr Shukla said, "This is an open secret. We have visited several communities where everyone is aware of it, yet no one reports it. Used injections are often seen lying openly on the ground. It is not just about police intervention, drug users also require treatment. Many start using as early as 17, but by the time they realise the seriousness, they are already 25 or even in their late 20s."

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I Thiruvenkatam, S/o, Nateshan, Residing At, No 43, 8th Cross, Somaeshwara Layout, Kodichikkannahalli Main Road, Bilekanahalli, Bengaluru, 560076, have changed my name to Thiruvenkadam Nateshan, for all purposes.

I Vimala Munireddy, W/o, Sridhar.N Reddy, Residing At, No 8/1, Ground Floor, Reddy House, Chelikere, kalyan Nagar Post, Bengaluru, 560043, have changed my name to, Vimala Reddy Muni Reddy, for all purposes.

I, Spoorthi Chandana Sri, R/o No. 333, 3rd Main, Marenahalli, Bangalore -560040, have changed my name from Spoorthi Chandana Sri to Spoorthi Chandana Sri Srinivasa for all future purposes.

I, Masihulla Abdulla Basha, R/at No.139, 2nd Floor, V T Complex, Sadar Patrappa Road, Thigler Pete, Bangalore-560002, have changed my name to Masihulla V T, For All Purposes.

I, ANTHONY MARIE Resident At No E-09, Vayunandana Layout, Hebbal Kempapura, Bengaluru- 560024 have changed my name to FATHIMA vide affidavit dated: 01.09.2025 Sworn before notary: D Sarala Kumari, Bengaluru

I,HARINATH J S/O, Raghunatha Rao Jagatap R/o 2/18 1st Cross Ittamadu Banashankari 3rd Stage Bangalore 560085 have changed my name to Harinath Jagatap for all purposes

I, Manjula Mokthedar w/o Bheemasen Hubli R/o Pratham Shivindra SF-01, No.12, MIG 1st stage, KHB colony,Basavesh - waranagar, Bengaluru 560079 have changed my name to Manjula Bheemasen Hubli, I shall be called by this name for all purposes

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I, Mahesha K J, s/o Javaregowda R/o No-181, Sy No 26, 6th Cross 19th Block Arkavathi layout Bangalore-560043 have changed my name to Mahesh J for all purposes.

I Sajidha Ajaz Mohammed W/o Ajaz Mohammed Ismail R/o No 1447 13th Cross R.K. Hegde Nagar Dr. Shivarama Karanth Nagar B'luru 560077 have changed my name to Sajida Begum for all purposes.

I, Mahima D/O D K S M Solanki # 32/33 Shivajinagar Blr-01 have changed my name to Mahima Solanki for all purposes.

I Kadhar Pasha Firoz Khan S/o Feroze Khan R/o 654 Tumkur Rd Anjaneya Temple Street, Srikanthapura Anchepalya, Bengaluru Rural, 560073 have changed my name to Kadhar Pasha for all purposes

I, Tripti D/o Dilip Solanki Mangilal # 32/33 Shivajinagar Blr-01 have changed my name to Tripti Solanki for all purposes

I. N.Yogesh Resident at No. 835 Rajeshwari Nilayam, 17th Main, Gokula 1st stage, Mathikere, MSRIT, Bengaluru-560054 changed My Mame from Yogesha.N to N.Yogesh for all further purposes.(N Full form is Narayan).

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F-BOMB HOAX

Should I limit how often my child eats nuts because they contain fat?

When I mention kids and nuts in the same sentence, some parents react like I've dropped the F-bomb, thanks to the association of nuts with two other F-words: fat and fear.

Parents sometimes avoid nuts due to claims they cause unwanted weight gain or trigger life-threatening allergies.

But nuts are good for kids – and avoiding them can do more harm than good.

The fats in nuts are healthy fats

Decades of exposure to the diet industry's relentless low-fat marketing have led parents to believe that all fats are bad. But this isn't the case.

Nuts are packed with fats, but it's the healthy type: unsaturated fat. It supports heart and digestive health, and reduces inflammation.

Nuts provide essential nutrients children need for healthy growth, including the omega-3 fatty acids younger kids need for brain, nerve and vision development. They are also one of the richest sources of dietary polyphenols or antioxidants, which have a range of potential health benefits, including cancer prevention.

Nuts contain fibre, protein and good fats, which take longer to digest, satisfying kids' hunger and making them feel fuller for longer. In fact, up to 20 per cent of the energy in nuts isn't absorbed, but still provides feelings of fullness.

The high fibre content also helps kids' with regular and easier bowel movements.

This means nuts actually help manage kids' weight, with research showing eating more nuts is linked to a lower risk of being overweight.

What about the allergy risk?

Nut allergies are becoming more common and understandably can cause parents great concern.

But research shows consuming nuts in appropriate forms from a young age can actually reduce the chance of having a nut allergy, including among those at high risk (such as when a family member has an allergy).

Another study found regularly feeding peanuts from infancy reduced the rate of peanut allergies in adolescence by 71 per cent.

To reduce the risk of allergies, introduce nuts as early as possible to your child's diet – ideally between four and six months – in the form of 100 per cent nut spreads to prevent choking.

Start by smearing a small amount of 100 per cent smooth peanut butter on the inside of the lip and monitor for 30 minutes. If there's no reaction, double the quantity (¼ teaspoon) and monitor for another 30 minutes. You can then repeat this process increasing to ½ teaspoon.

If this goes well, you can include 100 per cent nut butters in your child's diet, increasing the amount offered weekly.

If you have a family history of allergies, introduce nuts in consultation with your GP. If your child does have a reaction, mild to moderate reactions can be treated using non-sedating antihistamines. If the child has any symptoms of anaphylaxis, call an ambulance immediately and treat them with an EpiPen if one is available.

What should you do?

Allowing kids to enjoy nuts – nature's treats – helps keep unhealthy processed foods out of their diets.

There's no need to limit them because kids are extremely good at regulating their calorie intake across the course of the day.

When nuts are no longer a choking hazard (between the age of three and five years), I'd suggest serving them a large handful every day. Before that, they can eat nuts as pastes or finely crushed and mixed into food to prevent choking.

Adults often avoid eating nuts themselves due to concerns about their high energy content, fearing they might lead to weight gain. However, research suggests this fear may be unfounded.

Studies show even relatively large servings – up to 100 grams per day – are linked to modest reductions in body weight and fat mass.

While Australia's current dietary guidelines recommend limiting intakes of nuts, this no longer reflects the evidence and should be revised when the guidelines are updated next year.

Take-home tips

Nuts are a powerhouse of nutrition, but getting kids to eat them can be a challenge.

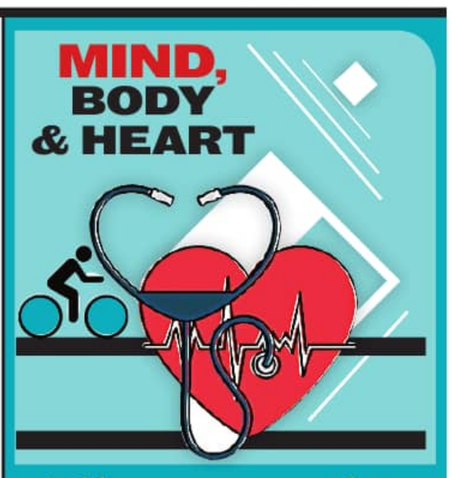
All nut varieties offer health benefits, so include a mixture to keep things interesting. Choose raw or dry-roasted, unsalted options to avoid added oil and salt creeping into kids' diets.

If they reject them the first time, try again. Research shows kids need eight to ten exposures before they willingly eat new foods. So offer them regularly, encourage tasting and don't pressure them to eat.

To help incorporate more nuts into children's snacks and meals, start with milder, more familiar varieties such as cashews, almonds, or peanuts. These tend to have a softer texture and sweeter flavour, making them more appealing to younger palates.

More robust or bitter varieties – such as walnuts, pecans or Brazil nuts – can be introduced gradually, mixed into other foods or baked into recipes to balance their stronger taste and firmer texture.

(By Nick Fuller, University of Sydney, The Conversation)



All you need to know about...

Foods to reduce cortisol

1. Dark Chocolate
Yes, chocolate can actually be good for you! Dark chocolate (at least 70% cocoa) contains flavonoids, which can help lower levels of inflammation and lower overall stress levels. Enjoying a couple of squares can not only improve your mood but also help regulate spikes in cortisol levels. Comfort food with a purpose.

2. Green Leafy Vegetables
Spinach, kale and Swiss chard are all rich in magnesium. Magnesium has been linked to lower cortisol levels. Magnesium does not only help calm your nervous system, but also comforts your body.

3. Fatty Fish
Salmon, mackerel, and sardines address the need for omega-3 fatty acids. Omega-3s are well known to reduce inflammation and balance stress hormones in the body. Omega-3s are also beneficial for brain health, helping to improve stress resilience.

4. Avocado
Creamy, nourishing, and versatile, avocados are full of healthy fats, potassium, and B vitamins that assist in regulating blood pressure and cortisol levels. Avocados also help you feel full, which moves you towards a more stable energy and mood throughout the day.

5. Herbal Teas
Chamomile tea, green tea, and lavender tea all offer soothing effects. By hydrating, soothing and assisting with relaxation, they provide a calming effect and help with cortisol levels. Ritualising tea breaks can also help your body create a pause, allowing it to settle and breathe during the day.

6. Nuts & Seeds
Almonds, walnuts, pumpkin seeds, and sunflower seeds are high in magnesium, vitamin B6, and omega-3s. These help regulate the adrenal glands to help produce cortisol. A handful will help to address both hunger and stress.

—Femina

MIRRORLIGHTS

Study estimates 14% of adults aged 45, above have obstructive lung disease

Over 14 per cent of those aged 45 and above in India could be affected by obstructive lung disease, reveals an analysis by an international team of researchers, including those from Mumbai's International Institute for Population Sciences.

Over 31,000 adults were administered spirometry -- commonly used to test how well one's lungs work -- as part of the 'Longitudinal Aging Study in India' (LASI), the country's first and world's largest database of older population recorded over long-term.

The findings published in the journal PLOS One show that men could be affected more, compared to women, and the prevalence increased with age.

Obstructive lung disease -- of which Chronic Obstructive Pulmonary Disease (COPD) is a type -- is marked by damage to lungs, causing inflammation and obstructing flow of air.

The team, which included researchers from the US' University of Southern California and Harvard School of Public Health, also found a low level of awareness among the participants -- only 12 per cent of the men and 11 per cent of the women surveyed reporting a prior diagnosis.

"The overall prevalence of obstructive lung disease was 14.4 per cent. Prevalence was higher among men than women and increased with age," the authors wrote.

Disease awareness was low, with only 12 per cent of men and 11 per cent of women with obstructive lung disease reporting prior diagnoses of lung disease, they said.

Prevalence of smoking as a risk factor for obstructive lung disease was found to vary by region, with rates ranging from about 30 per cent in north India to nearly 14 per cent in the country's western regions.

Prevalence of using unclean fuel for cooking -- another risk factor -- was found to be lowest in south India (nearly 30 per cent) and highest in the northeast (over 65 per cent). —PTI

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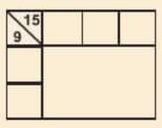
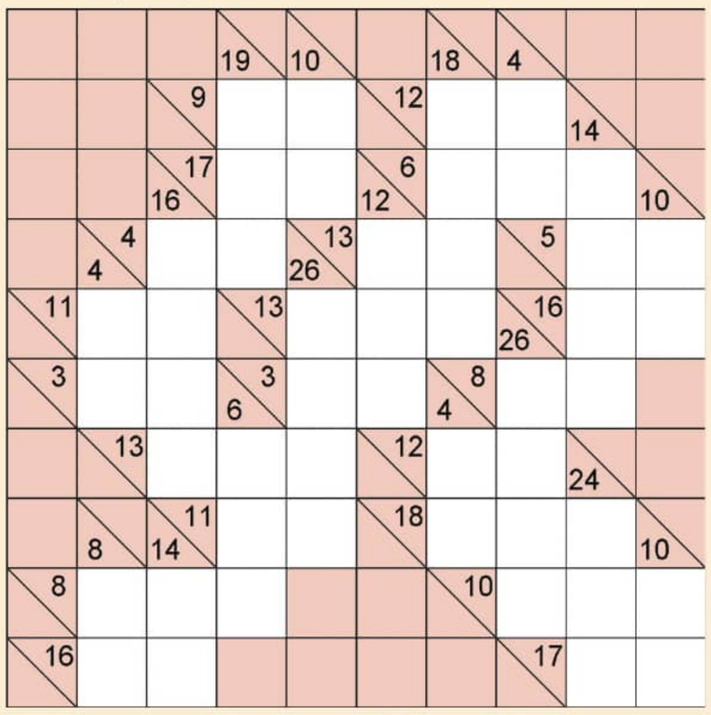
@BangaloreMirror

Kakuro

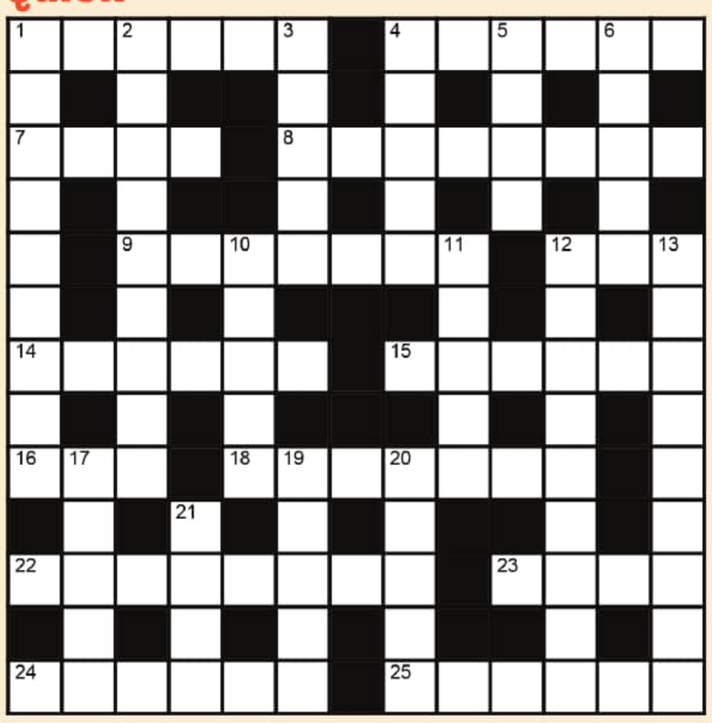
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Surroundings (6)
4 Park spanning 300 acres in the Cantonment Area (6)
7 Asian language (4)
8 Digressions (8)
9 Skilful or gifted (7)
12 Psychic power (3)
14 Refrain (6)
15 Shout or cry out in panic (6)
16 Aliens? (3)
18 Rod-shaped bacteria? (7)
22 In need of ironing? (8)
23 Mrs. Bachchan (4)
24 Abstain from (6)
25 A flammable aromatic hydrocarbon (6)

DOWN

1 Facial hair (9)
2 Absurd or farcical (9)
3 Extremist (5)
4 Waterway–Suez for one (5)
5 Exhaled hard (4)
6 Vows (5)
10 Exactly vertical (5)
11 Actress Merman (5)
12 Do away with (9)
13 Expressionless or impassive (5-4)
17 Small mountain lakes (5)
19 Permit (5)
20 List of contents (5)
21 Small length (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS O

CNXSW SRRXDWOLH OG LR-WXH WYX DSQGX LR BOLJXHW SHOZLGOWP. WYX TQSNNXJG LR ZXH LRWXH SNOGX RNLZ WLL CNXSW S RSZOJOSNOWP.

Linemaro

You must be one hell of a thief. You stole my heart from across the room

Mindchow

Music expresses that which cannot be put into words and that which cannot remain silent

Joke of the day

I never graduated from Iowa. I was only there for two terms – Truman's and Eisenhower's

Loop

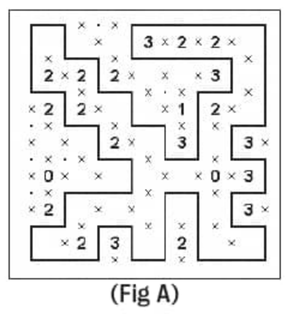
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

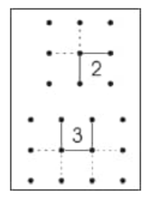
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

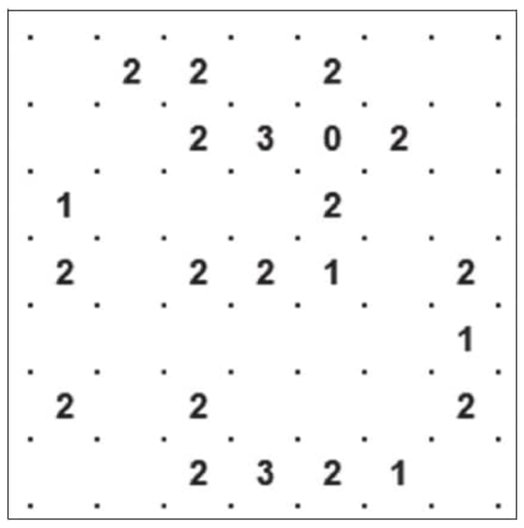
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



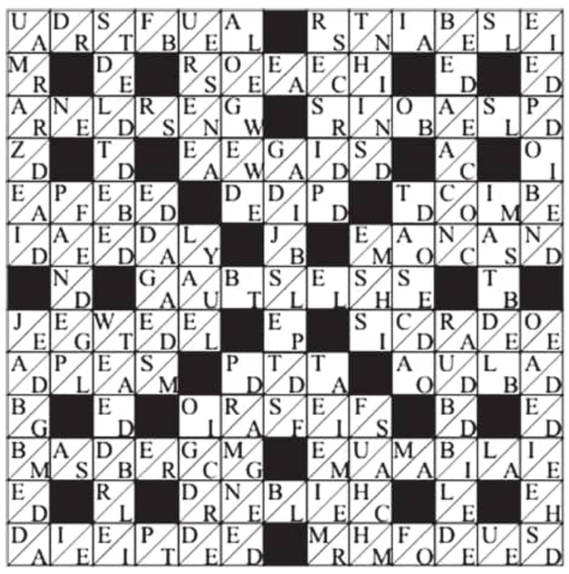
(Fig A)



(Fig B) Not Allowed



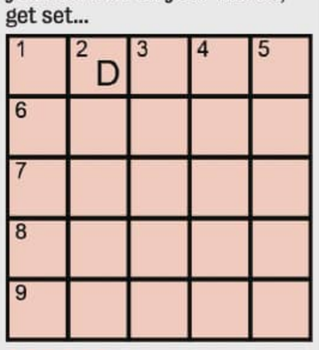
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

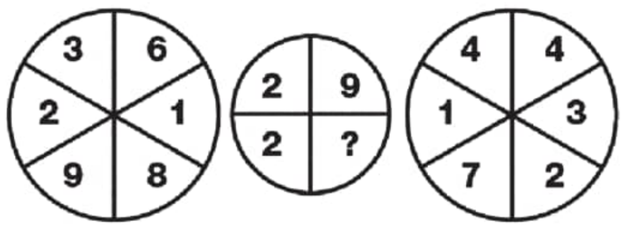
1 Manda (2-3); 6 Ether; 7 Set to; 8 Tabor; 9 Slier

DOWN

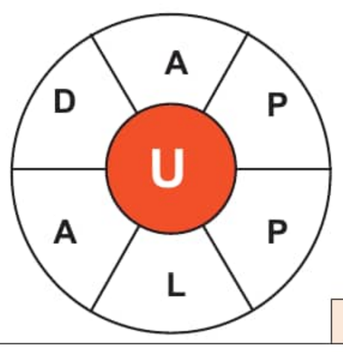
1 At art; 2 Hob id; 3 Motel; 4 Raree; 5 Stens

Mensapuzzle

Which number replaces the question mark and completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; **04** Good; **05** Outstanding

SudokuChallenge

	1			7			3	
6		5				8		4
	7	8				9	2	
5			3		1			2
	4						5	
1			8		4			7
	3	1				2	4	
4		9				6		3
	8			1			9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 3

2 2 2 5

Medium = 32

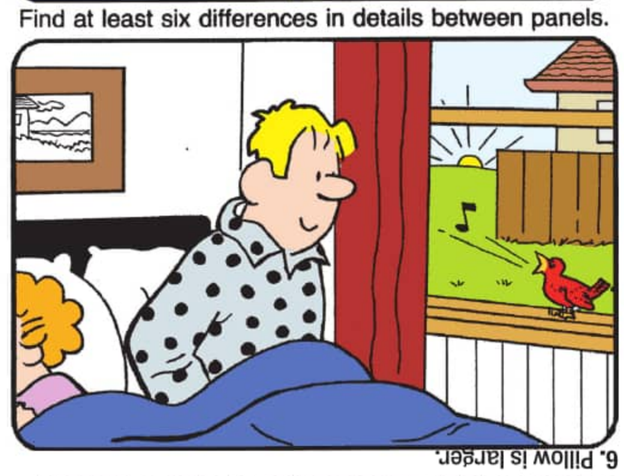
3 4 5 7

Hard = 8

3 4 5 6

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Bird is moved. 2. Hair is different. 3. Picture is lower. 4. Roof is wider. 5. Collar is different. 6. Pillow is larger.

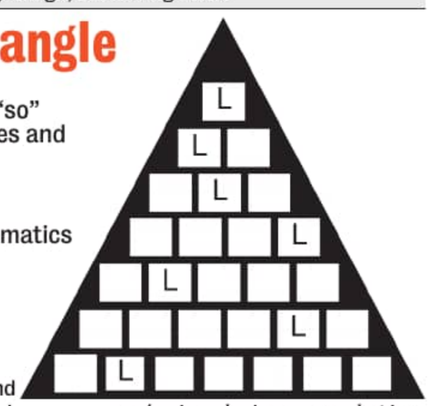
Riddler

For those of you who never played Might and Magic (a computer game), the Vowel-less Knights would always say something without vowels. It was up to you, the player, to figure out what they were saying. In their tradition, what are these famous quotes?

1. dn't knw wh m grndfthr ws; m mch mr cncrnd t knw wht hs grndsn wll b.
2. t's rnng cts nd dgs t thr!
3. 'll gt thrgh, cm hll r hgh wtr.

Alpha triangle

1 The 12th letter
2 A note to follow "so"
3 Maugham's 'Cakes and
4 Actual
5 Trumpet sound
6 Fit for farming
7 Branch of mathematics

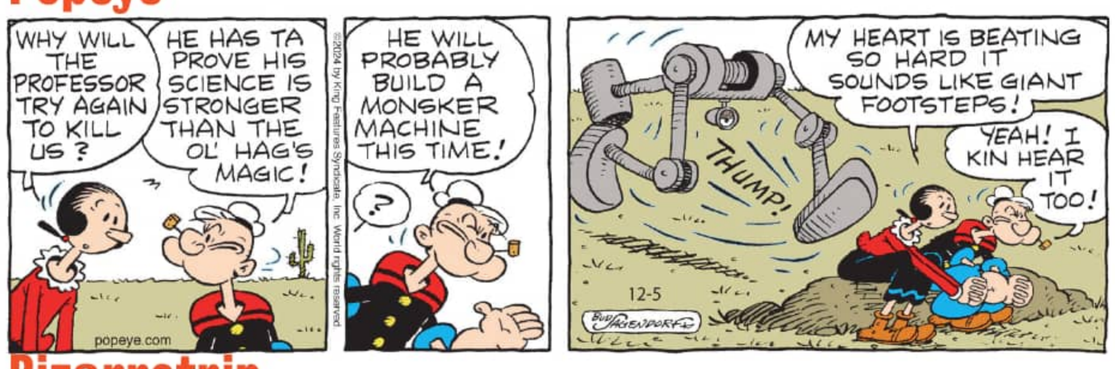


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


WHY WILL THE PROFESSOR TRY AGAIN TO KILL US ?
HE HAS TA PROVE HIS SCIENCE IS STRONGER THAN THE OL' HAG'S MAGIC!
HE WILL PROBABLY BUILD A MONSKER MACHINE THIS TIME!
?
MY HEART IS BEATING SO HARD IT SOUNDS LIKE GIANT FOOTSTEPS!
YEAH! I KIN HEAR IT TOO!
THUMP!
12-5
popeye.com

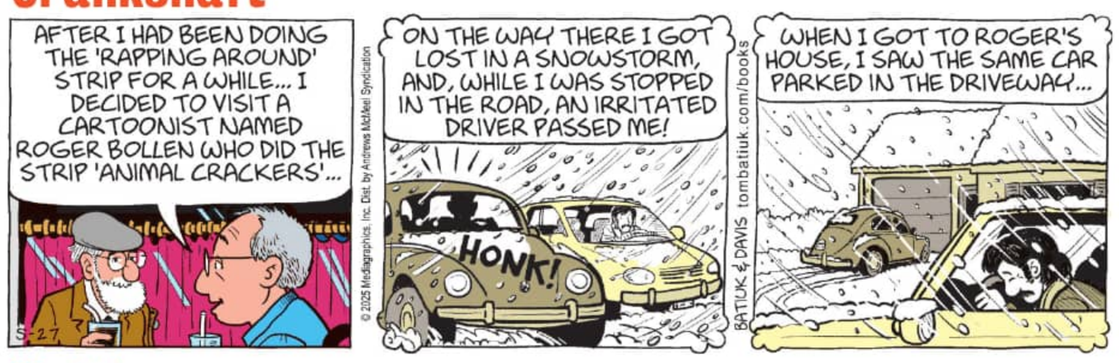
Bizarrotrip

Diamond Lil

Hart of the city

FOLLOW MY LEAD!
CAN I JOIN?
IS THIS THE ELECTRIC SLIDE??
LUNCH MENU
HUH.
I DON'T REMEMBER GROUP DANCE BEING ON THE LUNCH MENU...
HEART OF THE CITY © 2025 ANDREWS MCMEEL
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft


AFTER I HAD BEEN DOING THE 'RAPPING AROUND' STRIP FOR A WHILE... I DECIDED TO VISIT A CARTOONIST NAMED ROGER BOLLEN WHO DID THE STRIP 'ANIMAL CRACKERS'...
ON THE WAY THERE I GOT LOST IN A SNOWSTORM, AND, WHILE I WAS STOPPED IN THE ROAD, AN IRRITATED DRIVER PASSED ME!
HONK!
WHEN I GOT TO ROGER'S HOUSE, I SAW THE SAME CAR PARKED IN THE DRIVEWAY...
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BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today brings good health and relief, as old ailments may finally be cured. Positive news from a close relative will brighten your mood and lift your spirits. At work, you are likely to perform well, and colleagues may step forward to help you with challenging projects. Your trust in subordinates will grow, which will strengthen teamwork and improve your image in society. Legal matters may also turn in your favour, bringing satisfaction and peace of mind.

Taurus Apr 21 – May 20
Your focus today may revolve around your children's education and career. Encouraging news regarding their academics could bring happiness. However, love partners are advised to practise patience before making any major decisions about their relationship. On the financial front, avoid risky investments, as speculation may lead to losses. To maintain balance and reduce stress, meditation, yoga, or chanting mantras will help you stay calm.

Gemini May 21 – Jun 21
You may experience dissatisfaction today, as your hard work may not yield expected results, leaving you disappointed. Be especially careful when signing contracts or official documents, and review details closely. Some of you may consider investing in fixed assets, but it's best to follow your intuition before committing. Excessive workload might affect your personal life, and you could arrive late to family or social events, causing some disconnection.

Cancer Jun 22 – July 23
The day may keep you engaged in family gatherings or social events, which will help you strengthen connections and expand your network. A short work-related trip could also be on the horizon. Disputes between siblings or friends may be resolved, bringing harmony. At work, colleagues will cooperate, making it easier to complete difficult projects. Self-confidence will help you accomplish tasks, though patience is advised while dealing with people.

Leo Jul 24 – Aug 23
You may implement new plans in your family business today, which could bring financial gains in the near future. Family and social gatherings may also keep you occupied. Spending on creative items or artefacts to enhance your home environment is possible, which will boost your social image. However, be mindful of your health—pay extra attention to issues related to your teeth, eyes, ears, nose, and skin.

Virgo Aug 24 – Sep 23
The Moon blesses you with happiness and positivity. You will enjoy your routine work with renewed enthusiasm. Strong vitality will empower you to take bold decisions, which may increase profits in the future. A short work-related trip may be successful. Colleagues will be supportive, ensuring tasks are completed on time. Students will remain more focused on their studies. To avoid health issues, especially stomach-related concerns, practise moderation in eating habits.

Libra Sep 24 – Oct 22
Today may feel somewhat dull due to a lack of proper rest or sleeplessness, which can affect both your mental and physical health. Worries about a family member's health may also cause stress. Financially, unnecessary spending on trivial items could weaken your savings. At work or socially, remain alert, as opponents may conspire against you. Stay cautious and maintain balance in your actions.

Scorpio Oct 23 – Nov 22
Past investments may bring positive returns today, boosting your financial health. Work will seem smoother, as obstacles clear away and results come easily with less effort. New sources of income may emerge, further strengthening your financial position. Couples may receive joyful news regarding children, adding to domestic happiness. Success in professional and personal life will come with relative ease, leaving you feeling content and satisfied.

Sagittarius Nov 23 – Dec 22
Today may bring inspiring encounters, as meeting someone influential could help you achieve growth in business or career. Losses may turn into profits, and financial health will stabilise. Luck is on your side, helping you accomplish important goals. Love partners may make significant decisions regarding marriage, while singles may come across a soulmate or compatible match. Spiritual thoughts may also guide you toward meaningful activities.

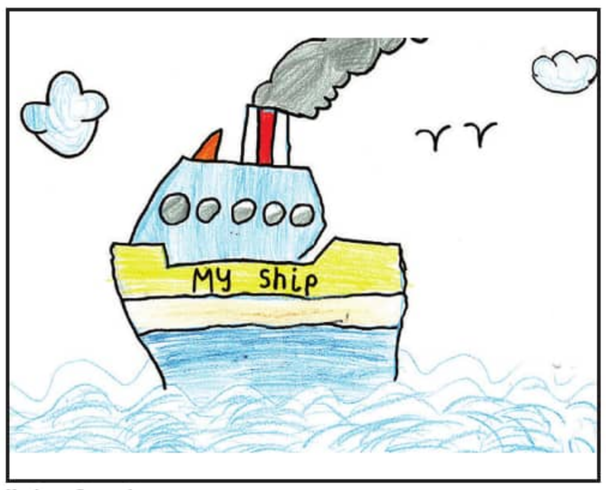
Capricorn Dec 23 – Jan 20
You are blessed by Jupiter today, which brings balance and control over ongoing situations. At work, you may be offered an important post or position, strengthening your authority. Spiritually, you may feel inclined toward religion, philosophy, or mythology, which will enrich your perspective. Your thoughts will be strong and confident, and this clarity will help you succeed in your efforts. Planning an overseas journey is also possible.

Aquarius Jan 21 – Feb 19
Today you may feel low in energy, which could affect your efficiency at work. Delays in projects may hurt your professional image and cause dissatisfaction in your domestic life as well. It's advisable to avoid adventurous trips or rash driving, as they may invite risks. Love partners could face misunderstandings, with some even experiencing a breakup. Job seekers may feel disappointed if expected opportunities don't materialise. Patience is the key today.

Pisces Feb 20 – Mar 20
This is a productive day for you, especially in your professional life. You may receive recognition from your boss, along with new responsibilities or even a promotion. Chronic health concerns may show improvement, giving you relief. Financially, incentives or rewards could add to your earnings. Disputes with siblings may finally resolve, improving family harmony. Job seekers may find success in securing a new role.

KIDZONE

Aira, Bengaluru



Kethan, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER 1. I don't know who my grandfather was; I am much more concerned to know what his grandson will be. 2. It's raining cats and dogs out there! 3. I'll get through, come hell or high water.

QUOTE UNCODE Great affection is often the cause of violent animosity. The quarrels of men often arise from too great a familiarity.

A	D	M	A	N	
T	H	E	R	E	
T	O	T	E	S	
A	B	O	R	T	
R	I	L	E	S	

FAST FIVE

BULL'S EYE APPLAUD, dual, laud, pulp, pupa

SOLVE IN 1M $\sqrt{(-5+6)} + \sqrt[3]{(53)} = 1+(53)^{1/3} = 1+5 = 6$

STRIKE OUT

A	R	T	F	U	L		S	T	A	B	L	E		
M		E		R	O	A	C	H		E		D		
A	N	D	R	E	W		R	I	B	A	L	D		
Z		D		A	E	G	I	S		C		I		
E	P	E	E		D	I	P		T	O	M	E		
D	A	D	D	Y		B		M	O	N	A	D		
	N		G	U	T	L	E	S	S		B			
J	E	W	E	L		E		S	C	R	E	E		
A	L	A	S		P	T	A		A	U	L	D		
B		D		O	A	S	I	S		B		D		
B	A	D	E	G	G		M	U	M	B	A	I		
E		L		R	E	B	E	C		E		E		
D	I	E	T	E	D		R	H	O	D	E	S		

QUICK

E	S	C	H	E	W		X	Y	L	E	N	E		
N		O		C		N		O		T		C		
W	R	I	N	K	L	E	D		J	A	Y	A		
A		I		L		N		L	I	L		F		
E	T	S		B	A	C	I	L	I		M		E	
H		U		M		E		S	H	R	I	E	K	
C	H	O	R	U	S		S	H	R	I		O		
A		R		L		T		L		L		O		
T		C	A	P	A	B	L	E		E	S	P		
S		I		R		A		W		H				
U	R	D	U		T	A	N	G	E	N	T	S		
O		U		L		A		L		A				
M	I	L	I	E	U		C	U	B	B	O	N		

MENSA PUZZLE
1. Calculate the sums of the numbers in the left and right hand circles, to give 2 digit answers. Write the left hand answer in the top 2 segments of the central circle, and put the right hand answer in the bottom 2 segments of the central circle.

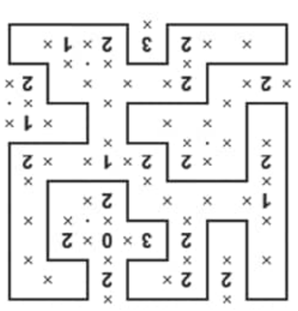
SUDOKU

9	1	4	2	7	8	5	3	6
6	2	5	1	3	9	8	7	4
3	7	8	5	4	6	9	2	1
5	6	7	3	9	1	4	8	2
8	4	3	6	2	7	1	5	9
1	9	2	8	5	4	3	6	7
7	3	1	9	6	5	2	4	8
4	5	9	7	8	2	6	1	3
2	8	6	4	1	3	7	9	5

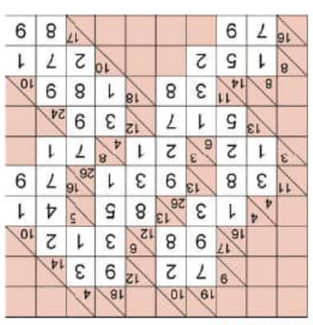
ALPHA TRIANGLE L, La, Ale, Real, Blare, Arable, Algebra.

GO FIGURE
Easy
2 - 2 + 5 - 2 = 3
Medium
3 x 5 - 7 x 4 = 32
Hard
6 - 5 + 4 + 3 = 8

LOOP



KAKURO



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A role that inspires

Throwback to when Mrunal revealed how a film's character left a lasting impression on her

Long before headlines and controversies, Mrunal Thakur found inspiration in an unexpected place—Imtiaz Ali's cult romantic drama Jab We Met. The film, and Kareena Kapoor's spirited portrayal of Geet, left a lasting impression on her, shaping not just her outlook on life but also the choices she made early in her career.

In a 2023 interview with ETimes, Mrunal shared the life lessons she gained from watching Imtiaz Ali's Jab We Met and how Kareena Kapoor's character Geet inspired her. She recalled being motivated by Geet's solo train journey from Mumbai to Bhatinda, which encouraged her to travel alone from Lokmanya Tilak in Mumbai to Kerala, where her parents lived—a 24-hour trip that she described as safe and enriching, offering the chance to meet many people. She also highlighted how the film emphasised self-love and personal responsibility, teaching her to prioritise her own happiness, make her own decisions, and not blame others for outcomes. Mrunal said these lessons had a lasting impact on her.

Motivated by Geet's solo train trip, Mrunal too set out on a journey that proved a learning experience

Meanwhile, the actress has been in the headlines after an old video interview where she revealed that early in her career, she chose to turn down several major projects, feeling she wasn't ready, is doing the rounds. She believed taking on those films at the time could have led to controversies. **—ETimes**

B'luru band's song with sounds of Onam bags global award

The song 'Thaka Theyy' that went viral last year during Onam by Bengaluru-based band 11 has now made it to International charts with the band bagging the Prestigious Intercontinental Music awards in 2025. The ICMA, held in Los Angeles, is regarded as one of the most diverse global music competitions, drawing over 2,500 entries across 70 countries, cutting across genres and cultures.

Thaka Theyy stood out, winning the Best Band Award in the Asian Rock category.

With over 150,000 views across YouTube and other platforms, the song had already won music-lovers' hearts in 2024.

Singer Jaideep Varier told BM that the band was formed by IT professionals in 2023 and started out with a Carnatic rock cover. "Many bands experiment with Carnatic rock, but we wanted to bring a different flavour to it, and the response was encouraging. That gave us the confidence to try something new. Later, we came up with an Onam rock song. While most people associate Onam with 'Thithithara,' we decided to take a different route and chose

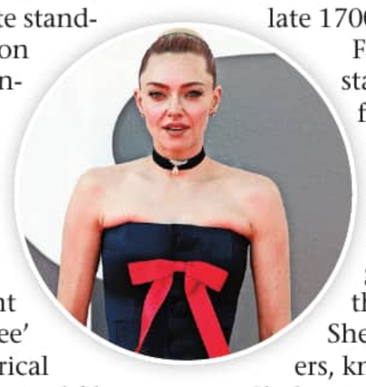
'Thaka Theyy' as our punchline. We then collaborated with Roshan to craft lyrics in that unique metre," he explained.

Penned by Roshan VK and brought to life by Varier, who also Works as the VP for sales in a Dutch MNC, the composition reflects the essence of Onam while giving it a fresh, youthful vibe. The key members of the band include Vimal Krishna (Keyboards), Preeth PS (Lead Guitar & Programming), Bipin Nambiar (Bass Guitar & Ideation), Presanth (Drums), Shaji Chundan (Rhythm Guitar), and Shalini Pramod (Production).

About the win, the band said the recognition goes beyond just an award; it's more about the effort to bring Indian cultural motifs to a global audience, they said. **—Sanjana CS**

Moved by praise

Actress and singer Amanda Seyfried got emotional as her film 'The Testament of Ann Lee' received a 15-minute standing ovation at the Venice Film Festival, reported People.



'The Testament of Ann Lee' is a historical drama musical film co-written and directed by Mona Fastvold. It stars Amanda Seyfried as Ann Lee, the 18th-century founder of the Christian sect the Shakers.

As per a synopsis, 'The Testament of Ann Lee' is "an epic fable inspired by the life of Ann Lee, the founder of the Shakers, a radical religious movement that began in the late 1700s."

Fastvold said in a statement, "Our film is a speculative retelling of the life of Ann Lee, one of the few female religious leaders of the 18th century. She and her followers, known as the Shakers, worshipped through ecstatic song and movement -- trembling, exuberant and physically expressive acts of devotion," reported People. **—ANI**

Red-hot and ready

Even at the crack of dawn, Deepika Padukone can't help but steal the spotlight. On Monday, the 'Om Shanti Om' actress did just that at the airport, serving up a look that was casual, chic and completely fuss-free.

Who says airport fashion needs to be complicated? Deepika kept it simple but striking in a cosy red sweater, paired with blue jeans folded neatly at the bottoms. She rounded off the look with smart brown boots, a matching handbag, and her signature oversized sunnies. With her hair tied up in a sleek bun, she looked elegant and cool. And yes, she flashed her dazzling smile and posed for the cameras before heading inside.

A few days earlier, Deepika was spotted at the airport with her daughter, Dua. But things took a turn when a video of Dua was leaked online. The clip, filmed without permission, showed the baby sitting on Deepika's lap in a buggy, with her face visible. **—ETimes**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Elumale on Sept 5

Elumale, billed as Karnataka-Tamil Nadu border love story – is set to arrive in theaters on September 5. The movie, directed by Punit Rangaswamy and bankrolled by Tarun Sudhir and Atlanta Nagendra, is said to be based on real incidents that took place in the 2000s.

The movie's trailer was unveiled by actors Daali Dhananjaya, Naveen Shankar, and Sharan at a function organised at GT Mall on Sunday.

Sharan said the real hero of the movie is Tarun because of his ability to select good scripts. "It is a content-oriented movie and will become a huge success," said Sharan.

Daali Dhananjaya said that he watched the teaser of the movie a few months ago.

"The team has worked hard for this movie. Tarun is like my brother. Whatever he earns from movies, he invests into making films," Dhananjaya said.

Tarun thanked Atlanta Nagendra for his support. "The director worked hard for this movie. It will not disappoint the audiences," he said.

Devotional movie

A devotional film highlighting the miracles of Raghavendra Swami, titled Amalamrutha, is in the making.

The movie's soundtrack was unveiled at Acharya Patashala College campus. Gururaja Rao of Mysuru is handling the megaphone for this movie apart from bankrolling it. KS Govinda Ramarao plays the characters of Bahlika Maharaj, Vyasaraja and Raghavendra Swami. Veerendra Acharya, Subbarao, Masher Suchendra, Chaitra Bharadwaj, Yashas, Suman, Deepak, and Srikanth are the cast of this movie.

Vishwa Prasanna Theertha of Pejawar Mutt was the guest of honour at the function. "Our attempts will become successful if we have God's blessings. We have to participate in spiritual programmes. I wish all the best to the cast and crew of the movie and wish the film reaches more audiences," said Vishwa Prasanna Theertha.

Director Gururaja Rao said that he has made documentaries on Purandara Dasa and Sri Padaraja. "I want to showcase Raghavendra Swami's miracles on the screen. The movie will convey a message on the importance of devotion," the director said.